

## Guidance for Nutritional Analysis of Standard Menu Items

This document includes guidance for chain restaurants on nutrition labeling as required by the **King County Board of Health nutrition labeling regulation**.

The King County nutrition labeling regulation states that:

Chain restaurants shall perform or obtain the required calorie and nutrient analysis using reasonable bases. (Reasonable bases are any reliable and verifiable calorie and nutrient analysis of a standard menu item, which may include the use of calorie and nutrient data bases, cookbooks, laboratory analyses and other reliable and verifiable methods of analysis.) Calorie and nutrient analysis using reasonable bases is required once per standard food item, provided that portion size is reasonably consistent and the food service establishment follows a standard recipe and trains to a consistent method of preparation.

Customers will rely upon the accuracy of the nutrition information provided by chain restaurants to assist them in managing their chronic diseases, such as diabetes, heart disease, and hypertension. Many other customers will use this nutrition information to assist them in making healthier choices to prevent chronic diseases and to manage their weight.

King County chain restaurants are encouraged to use knowledgeable staff or consultants to ensure accurate nutrition information of standard menu items. This guidance contains lists of some nutrition resources which are neither exclusive nor endorsed for those chain restaurants needing assistance in locating nutritional analysis software or companies specializing in conducting nutritional analysis.

In addition, technical assistance is available from Public Health Seattle and King County to answer your questions about resources and nutrition analysis.

### **Contact information for submitting questions and comments:**

- On-line: [www.metrokc.gov/health/healthyeating](http://www.metrokc.gov/health/healthyeating)
- Call: 206-205-8777

## **Resources for Nutritional Analysis of Standard Menu Items**

- **Nutritional Analysis Software**

Nutritional analysis using software is an acceptable method for determining the nutrition labeling information for all foods sold in chain restaurants in King County. A listing of software for nutritional analysis which is neither exclusive nor endorsed is included in Appendix A. Accurate nutritional analysis with software is dependent on training and knowledge about food preparation methods and ingredients.

- **Nutritional Analysis Companies**

To ensure accurate nutrition information of standard menu items it is helpful to have someone knowledgeable in food science and trained in nutritional analysis conduct the nutritional analysis. Registered Dietitians, Registered Dietetic Technicians and Certified Nutritionists are examples of trained professionals available to provide this service. Appendix B contains a list that is neither exclusive nor endorsed of resources that provide nutritional analysis for the food industry. This list will continue to be updated to assist chain restaurants with current resources.

- **Laboratory Nutritional Analysis**

Nutritional analysis using laboratory analysis is an acceptable method for providing nutrition labeling information by King County chain restaurants. It is not required that fried foods have nutritional analysis conducted in a laboratory. Appendix C contains a list of companies neither exclusive nor endorsed that provide laboratory nutritional analysis of standard menu items.

## **Documentation of nutrition menu labeling information**

- The menu labeling regulation requires that chain restaurant owners or operators provide documentation of the accuracy of the nutrition labeling information for calories, total grams of saturated fat, carbohydrate and milligrams of sodium, if requested by PHS&KC staff.
- Standard abbreviations: Food establishments shall use the following standard abbreviations when not using the words “calories,” “saturated fat,” “carbohydrate,”: “Cal”, “sat fat”, and “carb”.
- Providing alcoholic beverage nutrition information: Nutrition information for each individual beverage on the menu will not be required. To be in compliance with the rule, food establishments must list in a single location on the menu or approved alternate method the following average nutrition values:
  - red/white wine - 5 ounces:  
122 calories; 4 grams carbohydrate; 7 milligrams of sodium
  - regular beer – 12 ounces:  
153 calories; 13 grams carbohydrate; 14 milligrams of sodium
  - light beer – 12 ounces:  
103 calories; 6 grams carbohydrate; 14 milligrams of sodium
  - distilled spirits (80 proof gin, rum, vodka, or whiskey) – 1.5 ounces:  
96 calories

- Include this disclaimer statement: Signature drinks or liqueurs with added ingredients may increase calorie content.
- Nutritional values may be reported as actual value or rounded.

### **Accuracy of nutrition menu labeling information**

The nutrition labeling regulation states that to be in compliance, the nutrition information provided for each standard menu item must use a reasonable bases.

If there are questions about the accuracy of the nutrition menu labeling information, the chain restaurant will be required to provide the background information on nutritional analysis to the health officer. A nutrition professional on staff with Public Health Seattle & King County will provide technical assistance to the chain restaurant to resolve the question regarding the accuracy of the nutritional analysis.

## **APPENDIX A:**

This resource list of nutrition software is neither exclusive nor endorsed. Please submit additional suggestions of nutritional analysis software used by food establishments so we can update this resource list: [www.metrokc.gov/health/healthyeating](http://www.metrokc.gov/health/healthyeating) or call 206-205-8777

### **Nutritional Analysis Software:**

#### **Axxya Systems**

[www.axxya.com](http://www.axxya.com)

**Nutritionist Pro: Food Labeling**

#### **ESHA – Genesis R&D SQL**

<http://www.esha.com/genesissql>

#### **ESHA – Food Processor SQL**

<http://www.esha.com/foodprosql>

#### **FoodWorks**

[www.NutritionCo.com/Foodworks.htm](http://www.NutritionCo.com/Foodworks.htm)

## **APPENDIX B:**

This resource list of nutrition companies is neither exclusive nor endorsed. Please submit additional suggestions so we can update this resource list:

[www.kingcounty.gov/health/healthyeating](http://www.kingcounty.gov/health/healthyeating) or call 206-205-8777

### **Brooker Laboratories**

Contact: Daniel Brooker

1-877-545-3207

[www.brookerlaboratories.com](http://www.brookerlaboratories.com)

### **Contact: Cindy Farricker, MS, RD, CDE**

425-455-8595

[eatsmart@earthlink.net](mailto:eatsmart@earthlink.net)

### **Compu-Food Analysis, Inc.**

Contact: Dagmar Francis

1-800-738-3294

<http://compufoodanalysis.com>

### **Energyent, Inc.**

Contact: Jinny Elder

760-632-0732

[energyent@aol.com](mailto:energyent@aol.com)

[www.energyent.com](http://www.energyent.com)

### **Food Consulting Company**

Contact: Karen C. Duester

1-800-793-2844

[www.foodlabels.com](http://www.foodlabels.com)

### **National Restaurant Association**

Contact: Erica Bohm

1-800-953-3463

[www.healthydiningfinder.com/site/operators/related/index.htm](http://www.healthydiningfinder.com/site/operators/related/index.htm)

### **NewWellness, Inc.**

Contact: Jeanine Sherry MS, RD.

206-935-1808

[www.nutritionhelper.com](http://www.nutritionhelper.com)

Newwell2@comcast.net

**NutriData**

Contact: Carol Pirrone, MS, RD  
1-866-635-2235  
[www.NutriData.com](http://www.NutriData.com)  
[info@NutriData.com](mailto:info@NutriData.com)

**Nutrition Resources**

Contact: Christin Loudon RD, CDE  
703-715-8471  
[nutrcons@comcast.net](mailto:nutrcons@comcast.net)  
[www.nutritionresources.com](http://www.nutritionresources.com)

**Nutritional Computing Concepts**

Contact: Madelyn L. Wheeler MS, RD, CDE, FADA, CD  
Phone and Fax: 317 873-6897  
[mlwheeler@ncconcepts.com](mailto:mlwheeler@ncconcepts.com)

**Nutrition Dynamics Northwest**

Contact: Kathy Rusk RD, CD  
425-269-6979  
[www.nutritiondynamicsnw.com](http://www.nutritiondynamicsnw.com)  
[kathy@nutritiondynamicsnw.com](mailto:kathy@nutritiondynamicsnw.com)

**Nutritional Solutions**

Contact: Abbey Gerstein RD, CDN, CNS  
1-888-905-FOOD  
[www.nutrition-solutions.com](http://www.nutrition-solutions.com)

**Simply Nutritious**

Contact: Beverly A. Utt, MS, MPH, RD  
Phone: 253-582-3356 253-229-8160  
[simplynutr@aol.com](mailto:simplynutr@aol.com)

**TMO Menu & Nutrition Resources, Inc.**

Contact: Terri Oleksyn, R.D.  
Phone: 585-354-0162  
E-mail: [info@menunutrition.com](mailto:info@menunutrition.com)

## APPENDIX C:

This is not an endorsement of the laboratory nutritional analysis companies on this list. Prices are those provided by the company in July 2007. Since prices may change, it is best to obtain the current price from the company. Please inform us of other companies so we may add them to the list.

### **California**

Michelson Laboratories, Inc.  
6280 Chalet Drive  
Commerce, CA 90040  
562-928-0553  
888-941-5050  
[info@michelsonlab.com](mailto:info@michelsonlab.com)  
[www.michelsonlab.com](http://www.michelsonlab.com)

### **Colorado**

Industrial Laboratories Company, Inc.  
4046 Youngfield Street  
Wheat Ridge, CO 80033  
303-287-9691  
[www.industriallabs.net](http://www.industriallabs.net)  
[kinman@industriallabs.net](mailto:kinman@industriallabs.net)  
\*Volume discount applies; send in smaller batches

Warren Analytical Laboratory  
650 "O" Street  
Greeley, CO 80631  
970-475-0252  
800-945-6669  
[kates@warrenlab.com](mailto:kates@warrenlab.com)  
[www.warrenlab.com](http://www.warrenlab.com)  
\*Volume discount applies (about 10%)

### **Connecticut**

Northeast Laboratories, Inc.  
129 Mill Street, Suite 11  
Berlin, CT 06037  
800.654.1230  
[www.nelabsct.com](http://www.nelabsct.com)

### **Illinois**

Silliker, Inc.  
900 Maple Road  
Homewood, IL 60430  
708-957-7878  
[www.silliker.com](http://www.silliker.com)  
\*Volume discounts available

### **Iowa**

Eurofins Scientific, Inc.  
3507 Delaware  
PO Box 1292  
Des Moines, IA 50313  
515-265-1461  
<http://www.eurofinsus.com>  
[AlisonTrimble@EurofinsUS.com](mailto:AlisonTrimble@EurofinsUS.com)

### **Louisiana**

ITS Caleb Brett  
713-844-3263  
[cbwnalabs@intertek.com](mailto:cbwnalabs@intertek.com)  
[www.intertek-cb.com](http://www.intertek-cb.com)  
New Orleans, LA

### **Maryland**

Strasburger & Siegel Inc.  
7249 National Drive  
Hanover, MD 21076  
1-800-875-6532  
1-410-712-7373  
[info@sas-labs.com](mailto:info@sas-labs.com)  
[www.sas-labs.com](http://www.sas-labs.com)  
\*Possible volume discount

### **Massachusetts**

Krueger Food Laboratories, Inc  
Dana A. Krueger, President  
45 Manning Road  
Billerica, MA 01821  
978-667-6900  
[dkrueger@kfl.com](mailto:dkrueger@kfl.com)  
[www.kfl.com](http://www.kfl.com)  
\*Volume discount: 10% for >50 samples

### **North Carolina** (Continued)

Southern Testing and Research Labs  
Kim W. Baughman, PhD, Managing Director  
3809 Airport Drive  
Wilson, NC 27896  
252-237-4175  
[kbaughman@microbac.com](mailto:kbaughman@microbac.com)  
[www.southerntesting.com](http://www.southerntesting.com)

**Minnesota**

Medallion Labs  
9000 Plymouth Ave North  
Minneapolis, MN 55427  
1-800-245-5615

[info@medlabs.com](mailto:info@medlabs.com)

[www.medlabs.com](http://www.medlabs.com)

\*\*Volume discount 10-25% (progressively higher discount for larger sample volume;

**Nebraska**

Midwest Laboratories  
13611 B Street  
Omaha, NE 68144  
402-334-7770  
[store.midwestlabs.com](http://store.midwestlabs.com)

Food Processing Center, University of Nebraska-Lincoln

143 Food Industry Complex

Lincoln, NE 68583-0930

Phone: 402-472-2832

<http://fpc.unl.edu/>

**New York**

Certified Laboratories, Inc.

200 Express Street

Plainview, NY 11803

516-576-1400

800-CERT-LAB

[www.800certlab.com](http://www.800certlab.com)

\*Volume discount (10%+) for >10 samples

**North Carolina**

Craft Technologies, Inc.

4344 Frank Price Church Road

Wilson, NC 29893

252-206-7071

[info@crafttechnologies.com](mailto:info@crafttechnologies.com)

[www.crafttechnologies.com](http://www.crafttechnologies.com)

**Oregon**

Bodycote FPL

12003 N.E. Ainsworth Circle

Suite #105

Portland, OR 97220

1-800-FPL-9555

503-253-9136

[nkahl@msn.com](mailto:nkahl@msn.com)

[www.fplabs.com](http://www.fplabs.com)

\*20% volume discount if >50 items and shipped in batches

**Pennsylvania**

Microbac

2000 Corporate Drive, Suite 350

Wexford, PA 15090

724.934.5030

[info@microbac.com](mailto:info@microbac.com)

[www.microbac.com](http://www.microbac.com)

\*27 locations in the East and Midwest

QC Laboratories

1205 Industrial Blvd

Box 514

Southampton, PA 18966

215-355-3900

800-289-8378

[www.qclaboratories.com](http://www.qclaboratories.com)

\*10% volume discount if >10 samples

**Texas**

Analytical Food Laboratories

865 Greenvue Dr

Grand Prairie, TX 75050

800-242-6494

[afl@afltexas.com](mailto:afl@afltexas.com)

[www.afltexas.com](http://www.afltexas.com)